The Kings Hedges Community News

Christmas Edition 2007

Number 37, 37 Lawrence Way (next to Campkin Road Shops)
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Welcome to the Christmas edition of the Kings Hedges Newsletter....On behalf of Kings Hedges Neighbourhood Partnership may I wish you all a very Merry Christmas and a Happy, Healthy New Year.

Next year we plan to bring even more workshops and courses to the area. Look out for German courses, First aid courses and a new book club! There will be the usual events still ,plus even more day trips for the whole family!

If there is anything that you would like to see in the area or if you have any ideas for trips or places to visit then please give us a call.

Look out for the **2008 Healthy living Calendar** being delivered soon-If you live in Kings Hedges and do not receive a calendar then please call Binnie on 01223 508149 or Marie on 01223 508197 and we will arrange delivery for you.

Kings Hedges Neighbourhood Partnership

Presents...

Jack and the Beanstalk

(Performed by Chaplin's touring Pantomime)

Saturday 19th January 2008

At Arbury Community Centre

Doors open 2.30 pm

Performance starts at 3.00 pm

~Tickets~

Adults £5

Children £3 (includes goody box)

Tickets on sale Now!!

There will be no ticket sales on the door

Tickets can be obtained from

No 37 Lawrence Way-Monday to Thursday mornings

Call Marie on 01223 508197 for more details

No 37 Lawrence Way

SPRECHEN SIE DEUTSCH?

German for beginners

Fancy learning a new skill in the New Year-
At No 37 we will be holding a German for Beginners course starting on
Thursday 10th January 2008 10 am-12 noon

- **10 week course**
- **At No 37 every Thursday 10-12**
- **Cost: £20 which includes all course material, text book and refreshments**
- **For more information on the course content. Please call Petra the tutor on 07970875238**
- **Or to book your place call Marie at No 37 on 01223 508197 or call in!**

New book club and reading group~ Are you interested in reading? Would you like to meet up with others and discuss what you have read? We are setting up a Reading group for local adults at No 37
There will be a get together for anyone interested in joining on **Tuesday 8th January 2008 @ 2 pm**-Days and times of the group will be decided at this meeting

First Aid course

As the last course was so successful we are planning to repeat the course again. The next course is happening in February. This course is for anyone that would like to be an appointed person in the workplace or for anyone that would like a basic knowledge within the home.

This is a certificated course

- **Saturday 16th February 2008**
- **9.30 –4.30 pm**
- **Arbury Community Centre (small hall)**
- **Costs £5~ which includes refreshments, first Aid book and certificate (bring your own lunch)**

To book your place please contact Marie Cassidy on 01223 508197 or call into No 37 Lawrence Way

Places are limited so book early to avoid disappointment-places must be booked and paid for before the course.

Arbury Community Centre

The newly refurbished centre on Campkin Road is proving a big hit with local residents. Its various sized rooms enable local groups to meet in a welcoming atmosphere. The Citi 1 bus stops right outside the centre and there are free car parks nearby. The centre is fully disabled accessible, complete with air conditioning, hearing loop and baby changing facilities. A new and popular addition has been the opening of the Arboretum Café on site which provides a wide range of hot and cold snacks and beverages. The café is open Monday to Friday 9 am to 2 pm and can also provide a variety of buffets for you event or meeting. We also have 2 halls for hire and these together with our licensed bar and kitchen facilities make ideal venues for family parties of all kinds. All room and hall hire prices are very competitive and the number of groups using the centre is increasing steadily. Why not pop in for a coffee at the café, check out what events and activities are available or maybe you would like to start another activity, or help run and organise community events. You can contact us by telephone on 01223 712038 or visit our website and take a virtual tour on

www.arburycommunitycentre.org.uk

More importantly this centre is run and organised by local residents so all the money generated goes into the upkeep of the centre for local people. We look forward to seeing you !

Adult Cycle Training

Are you returning to cycling, want to improve your skills, or never had the opportunity to learn to cycle while you were young?

An Adult cycle training course will improve your skills and give you confidence.

Each session is tailored to your own requirements.

Learn how to position yourself in traffic, discover the best ways to get to work, where to go on leisure rides and how to improve your fitness

For more information please contact Cambridgeshire County Council Road Safety team on 01480 375105 or email road.safety@cambridgeshire.gov.uk
www.cambridgeshire.gov.uk

Anti Social Behaviour Meetings

These meetings take place at No 37 Lawrence Way– If you have any worries or concerns about anti social behaviour in the area then come along.
~These meetings are strictly confidential~
The local Police team, Housing department and local Councillors all attend.

Thursday 29th November 7.30 pm
Thursday 31st January 2008 7.30 pm
At No 37 Lawrence Way
(Next to the shops on Campkin Road)

For people with Parkinson's Disease

Their carer's, family, friends and health & social care professionals

Meadows Centre
St Catharine's Road
Cambridge

Monday 10th December
10.30 am – 2.30 pm

Drop in anytime between 10.30 am and 2.30 pm for a seasonal coffee morning plus information and advice on a range of issues relating to living with Parkinson's. You will have an opportunity to meet members of the Parkinson's Disease Society Cambridge Branch, Glynis Brookman and Julia Stibbs Cambridge Community Support Workers and Jacqueline Young Parkinson's Disease Nurse Specialist. They will be available on the day to answer your questions and give confidential advice

Local agencies will be joining us to offer help with matters such as:

- **Welfare Benefits**
- **Aids and adaptations for the home**
- **Help and support for Carers**
- **Branch stand with local information**

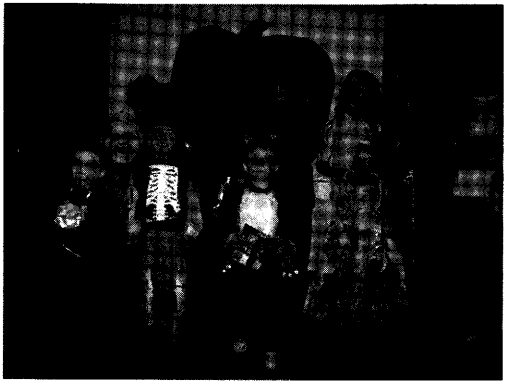
There will be Christmas activities as well .

For more details contact Eastern England Development Worker Julie Woodley 01480 436731 or jwoodley@parkinsons.org.uk

The Kings Hedges Healthy Living Project

Pumpkin Party ~ where you there?

The annual Pumpkin Party at Buchan Street Neighbourhood Centre has gained in popularity and this year, tickets were sold out in less than a week.
The event was great fun and was enjoyed by all so much that most of the feedback we got was about doing it again next year, and doing more family events.
Next year, we'll be working with other people to look at how we can make sure there are enough tickets to go around everyone who would like to take part. That may mean having an event in more than one centre or having two events back to back at Buchan Street Neighbourhood Centre.
If you have any views, please let us know! You can email your views to bsnc@cambridge.gov.uk
Congratulations to our fancy dress winners ~ everyone looked so fabulous, it was a really tough decision for the judge.



Are your children active?

Almost everybody must have heard some of the evidence that children are getting fatter and less fit because they are less active. Computers, TV, game consoles have all been blamed as well as some fear of letting children play out as we used to years ago.

Moving more is the best way to keep fit and keep weight within a healthy range. The younger we get into good habits, the more chance there is that we will develop good habits throughout our lives.

Buchan Street Neighbourhood Centre has a healthy living focus and we have a project aimed at under 5's, designed to get very young children moving in a way that is great fun! The soft play equipment is bright and colourful and mum or dad can help them discover a little risk, which is fun and safe. While having fun, your child is active and developing their fitness and stamina ~ all good for their general fitness level, good for their heart and hopefully, developing a love of activity which will encourage them to develop good habits for life.

Sessions run from **10 – 11, 11.15 – 12.15** and **12.30 – 1.30**. They do get busy, and we take bookings in advance for places. Sessions are only **£2 per child** and we also have refreshments for sale at very reasonable prices, so you can treat yourself to a tea and toast, and your child to milk and a fruit bowl and it won't break the bank!
Ring **508149** if you'd like more details or to book a place.

Walking... do you do enough?

Apparently, we should all be walking 10,000 steps a day. For most of us, we just find it impossible to fit that level of walking into our daily routine, unless of course, our job involves walking around all day.

Move more and eat less... that's the way to keep fit, healthy and within a healthy weight range. Walking is an excellent way to maintain the 'moving more' part of that equation as it's free to do and can, with a little compromise, be fitted into our routines. If you take a bus, how about you get off a stop or two earlier or even, walk one way to work and bus the other?

We have a programme of walks that you can take part in as well, all free to join in with and some even providing a little refreshment at the end. We do regular walks around Kings Hedges every other Thursday starting at 10.30 from the Jenny Wren, a walk and talk each season aimed at over 55's, which includes a lunch, and interest walks such as one we recently did at Paxton Pits. We have a Christmas walk, open to all leaving from the Arbury Community Centre and ending at Chesterton Sports centre for coffee and cake on December 20th at 10.45 and in the spring we are hoping to have our second walk in Historic Cambridge ending at the Fitzwilliam museum for light refreshments and a fascinating look at one of the museums exhibits with a trained member of staff. Last time we did this, we looked at the modern art exhibit and learnt a little about art appreciation, which was really interesting and great fun. For any of the walks, please ring 508149 to book a place.

The recent Paxton Pit walk

Broaden Your Horizons... a project aimed at over 55's (who still like to have a little fun ☺)

Keeping healthy is as much about your mental well being as keeping active physically and getting out and having a good laugh is great for both your mind and your body.
As part of the **Broaden your Horizons** project, we're having a special Christmas event on Thursday December 13th from 2 ~ 4 p.m.; **Sing-a-long Christmas** with Frank Mann the music man. Tickets are only £2 and include your afternoon's entertainment, a prize draw and Afternoon Tea. Ring 508149 to book your place

Belly Dancing... have fun while you get fit.

Belly Dancing classes have made a welcome return to Buchan Street Neighbourhood Centre on Tuesday evenings. Classes are in five week, half term blocks and cost only £15 for each block. In the five weeks, the teacher will run through some of the moves and then you'll learn a choreographed dance. It's a ladies only class, very informal and friendly and great fun.
The next set starts on January 8th and runs until February 5th.
The class size is limited, so to enquire or book your place, please contact us on 508149. ticket or make enquiries.

Inspire Volunteer Driver Scheme

Volunteer Drivers wanted for local arts charity

Inspire Wellbeing Through Arts, a local charity based in Milton, that successfully develops and delivers arts projects, training, information and advice to people who are disadvantaged or disabled is on the lookout for Volunteer Drivers in and around Cambridge.

The charity is looking for Volunteers who would be interested in using their own cars to provide lifts to various exciting arts events throughout Cambridgeshire. In addition, they are looking for minibus drivers and Transport Buddies. Transport Buddies will accompany participants on public transport to the events. All costs are paid and Volunteers can give as much time as they like. This is a great way for the volunteers to attend the various arts events at no cost.

One scheme that desperately needs Volunteer Drivers is Inspire's Funky Flamingo project which includes a club culture project run by and for disadvantaged and disabled young people across the county. Thus Inspire need volunteers to help transport the performers to and from the rehearsals and the club night itself.

Volunteers will be paid all their costs. For drivers this will be 40p per mile. For Transport Buddies, all their fares will be paid

If you would like more information on the scheme or on the various Inspire projects including Funky Flamingo then please contact David Boffey on 01223 441106 or 07757 103149 or
email david@inspire.org.uk

Christmas at North Arbury Chapel
(Cameron Road)

We warmly invite you to join us for our
Christmas Celebrations
at any, or all, of the following meetings:

Sunday 16th December @ 6.00 pm
'Traditional' Carol Service, followed by refreshments

Tuesday 18th December @ 12 noon
Christmas Special. Buffet lunch and carols
Please contact Carol on 01223 420814 for details (booking desirable)

Christmas morning @ 10.30 am
Christmas Praise
A relaxing and reflective service for the whole family

Celebrate Christmas with us this year at North Arbury Chapel

Arbury Court Library

Arbury Court Library and Learning Centre opening hours:

Monday 9 am-5.30 pm
Tuesday 9 am-5.30 pm
Wednesday 12 noon– 5.30 pm
Thursday 9 am—7.00 pm
Friday 9 am– 5.30 pm
Saturday 9 am– 5.00 pm *
* learning centre closed*
For more information call 0845 045 5225 or visit
www.cambridgeshire.gov.uk/library

The not quite over the hill club

Welcome to all our over 55's readers

Hi again!

Well with Christmas only a few weeks away it's time again for cards, pressies and celebrations. But most of all a time for Love and goodwill to all. First some of us are going on a ' Turkey and Tinsel' 4 day break, where once more we can become footloose and fancy free, let our hair down and become recycled (teenagers ?) maybe not, but definitely young at heart again.

I don't have time club days to say hi to all of you, but the thoughts there

Happiness cake

6 Tablespoons of Love
A little bit of Spice
A cup full of Laughter
Lots of tenderness
Mixed with Understanding
And a pinch of patience
Bake and share a slice !

Well still much to look forward to and a New Years programme arranged. Thanks to all the committee for the last year, and all those members who lend a hand. We are all a big family-so don't let us divide!

Well all that remains is for me to say ' Merry Christmas, and Happy New Year'

God bless you all and keep well and happy!

From Your Friend (I hope !?)

Bette Burchell

Sit Back and Relax...

Get away from all the hustle and bustle of Christmas Shopping-Put your feet up and have a go at our festive themed quiz!

Answers in to No 37 with your name and contact number before 18th December-First name out of the hat wins a £10 Grafton Centre Voucher.

Q.1 In the Christmas Carol when did 'Good King Wenceslas' look out?

A. Feast of Stephen **B.** Feast of Mark **C.** Feast of Matthew **D.** Feast of John

Q.2 What colour was Rudolph's nose ?

A. Blue **B.** Pink **C.** Yellow **D.** Red

Q.3 Sir Henry Cole invented what Christmas item?

A. Christmas Cards **B.** Crackers **C.** Mince pies **D.** Christmas tree

Q.4 Electric Christmas tree lights were first used in what year?

A. 1907 **B.** 1878 **C.** 1895 **D.** 1903

Q.5 Good King Wenceslas was king of which Country?

A. Bohemia **B.** Poland **C.** Czechoslovakia **D.** Hungary

Q.6 In the song 12 days of Christmas -What did my true love give on the 5th Day?

A. Pipers piping **B.** Lords a leaping **C.** Gold rings **D.** Maids a milking

Fulbourn & Teversham Royal British Legion Brass Bands

Present their

Annual Christmas Concert

Compère: Major John Mott

Friday 7th December 2007

University Concert Hall
West Road
Cambridge

7.30 pm

Tickets available from: 01223 880696
Email: info@fulbournband.co.uk
Tickets: £6 Under 16's £3

The Kings Hedges Neighbourhood Partnership are Supported by Cambridge City Council

Dear Friends,
Now winter is here , it's time for looking back! We have had many outings, events and children's parties and us OAP's are not forgotten!
Many Thanks to everyone who arranged these events and helped out.
Volunteers are always needed-looking towards 2008!
Wishing you a very Happy Christmas and New year and may you keep well
Remember a smile a day is a great tonic
Yours Sincerely

Mary Denny (Resident)

Arbury Carnival

The preparations for next years Arbury Carnival are already underway. Thankfully a few more local residents have come forward to help, so the procession will take place again! Although the route may have to be changed to meet health and safety requirements. The carnival will take place on **Saturday 14th June 2008** on the town green next to Arbury Community Centre. The theme for the carnival will be '**Films and musicals**' and we hope some local schools and groups will take part in this annual event.
If you are interested in helping then contact Alan Soer on 07743169756 or email **alan.soer@ntlworld.com** The next meeting is on **Wednesday 9th January at 7 pm** at Arbury Community Centre.
To take part in the procession or to help marshall email **j.flood3@ntlworld.com** or for putting on a stall email **APELLEW@GMAIL.COM**
For arena displays email **shaun.thomas90@ntlworld.com**

If you would like to advertise or contribute to the Community news, the deadlines for 2008 are
4th February, 12th May, 11th August, 10th November